

SWEET POTATO BUNS©05

Yields 20 medium size Brioche-like tender dinner rolls

Additional ingredients needed

Eggs **1 large egg**

- Whip in small bowl with 1 teaspoon of water into a smooth egg wash consistency. Set aside to be used for brushing on the tops of the buns just before placing into hot oven.

	<i>100ths of lbs.</i>	<i>Grams</i>	<i>Bakers%</i>	<i>Measured</i>
Sweet potato or pumpkin	0.50 lb.	227 grams	30.7%	1 Cup

- Bake un-peeled sweet potato (that has been poked with a knife in several spots to allow for steam to escape) or a chunk of pumpkin in oven until fork tender.

- Cool, place in food processor or blender puree until smooth. **Canned pumpkin can be used in place of the fresh.**

Water (55 degrees F)	0.73 lbs.	331 grams	44.7%	1 1/3Cups
Yeast (freeze dried or active)*	0.045 lb.	22 grams	2.7%	2 Tbsp.
Brown sugar	0.23 lb.	104 grams	13.8%	packed 1/2C+1 Tbsp.
Milk powder	0.045 lb.	22 grams	2.7%	3 Tbsp.

Nutmeg (fresh grated if available) 2 pinches

Bread flour (Strong)	1.63 lbs.	737 grams	100%	5 1/4Cups
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- Using delayed salt method, add all above ingredients into a bowl of a 5 to 6 quart mixer fitted with a dough hook.

- Mix for **5 minutes on low speed.**

- Remove dough hook from bowl, cover mixing bowl and let dough rest for **30 minutes** to bring out the sweetness in the sweet potato or pumpkin and the flour itself. This is called an Amylase period.

Salt	0.03 lb.	13.6 grams	1.8%	2 tsp.
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- Add salt and mix for **1 minute on medium-low speed,**

Butter (room temperature)	0.40 lb.	181 grams	24.5%	1/2lb. (2 sticks)-2T
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Orange peel dried	<u>0.005 lb.</u>	<u>2 grams</u>	.3%	1 scant tsp.
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TOTAL	3.70 lbs.	1723 grams		
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- Add the butter and orange peel, continue mixing for an additional **4 minutes on medium speed.**

- Check for good gluten structure by “pulling a window”*, when achieved, pull dough from bowl.. **Keep in mind that under-mixed and over-mixed dough looks exactly the same.**

- **This is a loose sloppy dough that does not stick to the fingers, do not add flour to “fix” it.**

- Round dough on a oil-free, flour-free surface to gain maximum surface tension. Place dough on the table, place both hands behind the dough resting lightly on the table with hands tilted slightly towards you and middle fingers touching.

- Pull the dough towards yourself about 8 inches, causing the dough in the front to tuck under.
- Move dough back again and turning the dough 45 degrees repeat and repeat until the top surface is taught and small bubbles appear on the surface of the round ball of dough.
- This simple step will give the finished rolls about 10% additional volume.
- Place dough in a lightly oiled plastic bag that has sufficient room to allow for 3X expansion.
- Let dough rest at room temperature for **45 minutes**, “knock down”, which means one hard flat opened handed slap on the dough.
- Let dough proof for an additional **25 minutes**.
- Scale dough into 0.18 lb. (81 gram) pieces which will be approximately 2 1/2 inches in diameter or
- Mold into smooth round balls.
- Place buns 1/2 inch (13mm) apart on parchment or silpat lined 11 by 16 inch baking sheet, 4 across and 5 down.
- Proof buns in a draft free place with a container of hot water near the dough to achieve approximately 85% humidity and 75 to 80 degree F (29.4 degree c). Proof **30 to 45 minutes**, or until lighter than air and tender feeling when lifted.
- Using the side of a pastry brush, gently egg-wash tops of buns **10 minutes** before placing in oven, taking care to not deflate dough.
- Bake in 325 degree F (162 degree c) oven until buns are a rich golden brown, 15 to 20 minutes.
- Use a dough thermometer to check to make sure that the internal temperature of the **center bun in the pan** is 180 degree F. ******
- Cool to room temperature before de-panning.

* If regular package yeast is being used that needs to be hydrated before use, simply add all ingredients in the exact order that they appear in the formula.

**** “pulling a window”**

- Remove a golf ball size piece of dough from the middle of the mixed dough.
- Hold dough by using sides of thumbs and index fingers and gently pulling in one direction and then the other.
- When you can see a clear membrane like a opaque window when held up to the light and if the dough is very relaxed, you have developed good structure.
- If you do not have this result and if the dough is still breaking, place the dough back into the mixing bowl, mixing and checking in 30 second increments until it is achieved

******* Internal temperature of baked goods in general must be between 180 to 200 degree F.

- When 200 degrees F is exceeded the staling process is already taking place and the baked good will have a shorter shelf life.